

## Effectiveness of Domestic Violence Treatment Programs

Below are brief summaries of several peer-reviewed journal articles looking at the effectiveness of different domestic violence treatment programs. Almost all of the studies I found agreed that there needs to be more research done on the effectiveness of different treatment programs for domestic violence offenders, but that there is little evidence to support traditional treatment models such as Cognitive Behavioral Therapy and the Duluth model.

**Please note:** links to external websites and reports are for informational purposes only and do not indicate NCSL's endorsement of the content on the websites or within the reports.

1. ["A Mind-Body Bridging Treatment Program for Domestic Violence Offenders: Program Overview and Evaluation Results"](#)  
This study compares the Mind-Body Bridging (MBB) treatment program to a traditional domestic violence treatment program. The results of the study showed lower drop-out and recidivism rates for participants in the MBB group than those in the traditional program. MBB participants also showed improvement on mindfulness, physical and mental health measures post-treatment.
2. ["State Standards for Domestic Violence Perpetrator Treatment: Current Status, Trends, and Recommendations"](#)  
Provides an overview of the standards in state statutes for domestic violence perpetrator treatment programs and recommends improvements to treatment standards. These recommendations include standardizing risk-assessment and program evaluation protocols and developing modified standards of treatment for female and military perpetrators, as well as gay and lesbian and minority populations.
3. ["Towards Evidence-Based Practice with Domestic Violence Perpetrators"](#)  
This study challenges the "standard" models of treatment for perpetrators of domestic violence and explores the evidence backing other types of treatment programs. The types of treatment programs explored include restorative justice, combined substance abuse and offender treatment programs, multi-systemic therapy and individualized treatment programs.
4. ["Evaluation of acceptance and commitment therapy for domestic violence offenders"](#)  
Compares traditional Cognitive Behavioral Therapy and Duluth treatment programs for domestic violence perpetrators to Acceptance and Commitment Therapy (ACT). The results found that participants were more likely to drop out of ACT, but less likely to reoffend following treatment even if they did not complete the program.